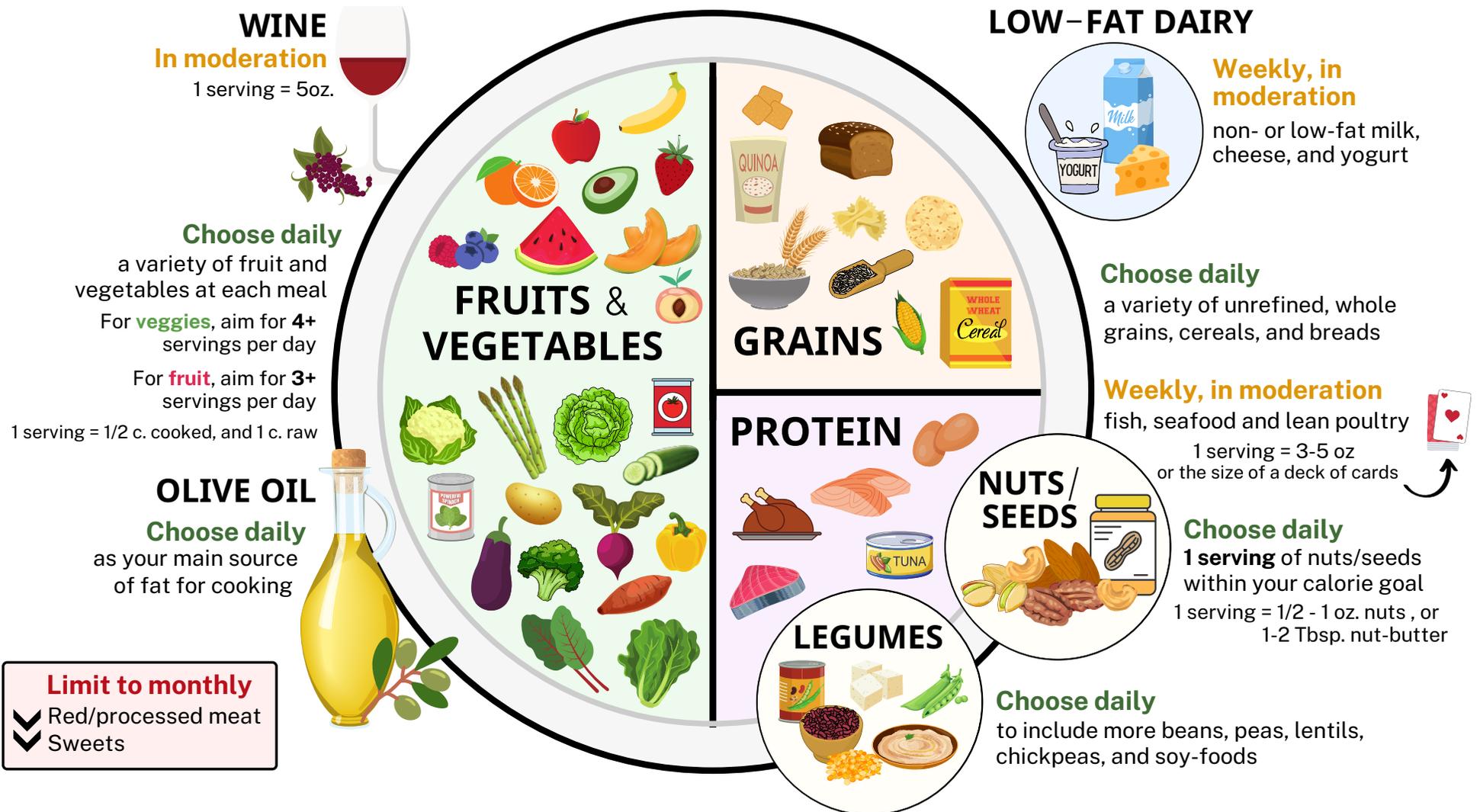


# Eating to Reduce NAFLD

## The Mediterranean Way

- ▶ **Non-Alcoholic Fatty Liver Disease (NAFLD)** is a condition characterized by the accumulation of fat in the liver. It is associated with other metabolic conditions like insulin resistance, dyslipidemia, obesity, and type 2 diabetes.
- ▶ Following a Mediterranean-style diet is associated with improvements in liver fat, body weight, and blood sugar control.



# 5 Tips to Make Your Eating Pattern More Mediterranean

## #1 Add more Fruits and Veggies

- ▶ Lower in calories and rich in fiber and antioxidants, that may reduce liver fat and inflammation, and promote weight loss.
- ▶ Find creative ways to eat more **fruits** and **veggies**. Here are some ideas to get you started...
  - Bulk up a soup, stew, or casserole with extra diced veggies
  - Add more vegetables in your sandwiches or wraps
  - Toss extra spinach in your eggs or soups
  - Mix extra fruit in cereal, oatmeal or yogurt at breakfast
  - Try fruit or vegetable slices with hummus or nut-butters



Can you include a **fruit** or **veggie** at every meal and snack?

## #2 Focus on Fiber

- ▶ Fiber promotes satiety and weight loss, improves glucose control, and supports a healthy gut microbiome.
- ▶ Look for packages that say "**100% Whole Grain**," or have "Whole Wheat" listed *first* in the ingredient list.
- ▶ Choose grain products with **>3 grams of fiber** per serving.
- ▶ Leave the peeling on fruits and vegetables.



## #3 Limit Refined Sweets

- ▶ Excess fructose may worsen insulin resistance, increase fatty acid production, and promote the progression of NAFLD.
- ▶ **Choose beverages without added sugars** like water, diet sodas, carbonated waters, or flavored waters.
- ▶ Use small amounts of artificial or natural low-calorie sweeteners like Equal, Splenda, Stevia, or Sweet 'N Low.
- ▶ If needed, use small amounts of calorie-sweeteners like honey, raw sugar, brown sugar, maple syrup, and agave.
- ▶ Instead of processed sweets, have **fruit** as your dessert
  - Try a fruit cobbler made with honey, and an oat/nut crumble.



## #4 Swap out your Fats

- ▶ **Unsaturated fats** are anti-inflammatory and may protect against liver fat accumulation, while **saturated-** and **trans-** fats may promote inflammation and liver fat accumulation
  - Include more olive, sesame, canola, or peanut oil
  - Include less butter, lard, and margarine
- ▶ Cook with moderate amounts of healthy fats. Choose to grill, broil, bake, boil, air-fry, stir-fry, or pressure cook more.
- ▶ Swap out processed deli meats and high-fat red meats for lean animal-protein, like chicken or turkey.
- ▶ Fish are high in anti-inflammatory omega-3 fatty acids.
  - Choose fresh, frozen or low-sodium canned/pouched fish like tuna, salmon, sardines, mackerel, herring, or cod. Have as your protein at dinner, tossed in a salad, or enjoyed in a sandwich.
- ▶ Include **1 serving of nuts**, seeds, or nut butters *daily*.
  - Be mindful of serving size: 1/2 to 1 oz is 100-200 calories
- ▶ Work towards purchasing more 'nonfat,' 'skim,' or 'low-fat' milks, cheeses, and yogurts.
  - Be wary of vegan cheese which may be high in saturated fat



## #5 Learn to Love Legumes

- ▶ High in fiber and phytochemicals that may reduce liver fat, insulin resistance, obesity, and oxidative stress.
- ▶ While the Mediterranean diet is a plant-based diet, it is not vegetarian. Enjoy lean animal-based proteins while also incorporating **more plant-based proteins** into your diet.
- ▶ Get creative!
  - Bulk up soups, stews, and salads with extra beans or peas
  - Try lentils in place of some of the ground beef in tacos, meatloaf, burgers, or spaghetti sauce
  - Snack on roasted chickpeas, cooked edamame, hummus, or a bean dip

